

USU Student Spouses Club Newsletter The SSC Scoop

April / May 2011

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A special "thanks" to all SSC members that submitted great articles & photos for this newsletter.



We are always looking for members to write for the newsletter. If you are interested in volunteering contact the Publications Editor for more information.

Tamara Roadfuss
Publications Editor
ssc.editor@gmail.com

SSC Spring Party & Farewell to 4th Years

By Cyndi Yoder

It was wet, cold, and overcast, but for those who fared the less than ideal weather conditions, the party on April 9 was a lot of fun! We enjoyed hot, fresh pancakes off the griddle along with coffee, bagels, fruit and a treat of donuts. Some of us enjoyed a group walk through the woods before taking part in the egg hunt. With over 200 eggs to find, all the kids walked away with a bag full of eggs and treats. The miniature train was up and running too so some of us took a ride around the park while others stayed and mingled. There was a little something for everyone!

A warm farewell to the 4th Year Spouses as they enter life after USUHS. If you have not received your parting gift from the club, please contact the Membership Chair at ususscmembership@gmail.com.

Thank you to all of the volunteers who helped make this party happen! It makes my job a lot easier with the support of my fellow club members. And thank you to those who braved the cold and enjoyed some time with friends. I'll see you at the next SSC event as a party goer - woohoo! It's been a fun year as the Parties Chair and I'm proud to hand over the reigns to Annalisa Perez for 2011-2012. She is going to do a phenomenal job! Happy Spring to all!



Good Luck USU Graduates of 2011

As the school year comes to an end we say good bye and good luck to several club members. We thank them for joining us during their years of schooling and We wish them luck in all of their future endeavors. We hope you have created many long lasting friendships



and a great support for the future to adventures to come. Lisa Foerter

Rebecca Graham

Carie Herrmann

Holly Kajut

Amanda Michalowicz

Lisa Parker

Courtney Salgado

Catherine Sobieszczyk

Ruthie Washington

Julie Whitis



Farewell From the 2010 -2011 President:

Sara Keleher

What a year it has been! My term as President seems to have gone by so quickly. I thoroughly enjoyed all the rewarding and challenging tasks that the job has thrown on my plate. Serving as President has been a great learning experience. Not only did I learn a lot about the Club and our members, I also learned a lot about my own strengths and weaknesses. I hope that I was able to provide the support and leadership that you all, as members, needed. I definitely could not



have survived the year without the support of the Administration. Officers and Chairs, *thank you* so much for helping me to reach my goals for the year! My two goals as President were to increase membership involvement and increase membership diversity (specifically "non-parent" membership). It has been great seeing increased attendance at monthly meetings and at our events. There was also an increased involvement in Adult Social, mostly by new "non-parent" members. On a whole, I consider re-establishing the Info Sessions and helping to plan (what I consider to be) a successful Orientation to be my biggest accomplishments this year. The new class of members this past year has participated and contributed a lot to the SSC. I look forward to them taking on most of the leadership for the upcoming year. Due to our travel plans for the year (rotations in Hawaii, Florida, and maybe Texas), I am forced to participate from the sidelines this coming year. I will miss working so closely with such a great group, but I am very excited to see Molly Grasso take on the role of President. She has impressed me throughout the year with her organization, creative event ideas, and willingness to volunteer. She has already embraced the role with gusto, and I am confident that the year ahead of us will be filled with fun, supportive events for the SSC. Thank you, SSC, for letting me serve!

SSC CALENDAR OF EVENTS

Club Activities:

June 1st - SSC Monthly Meeting
July 6th - SSC Monthly Meeting

Graduate School of Nursing Activities:

GSN New Student Orientation May 20th, 12:00pm Lecture Hall F, Bldg E



Medical School Activities:

June 17th: White Coat Ceremony USU Courtyard, 11:30am

Parent Tot:

Please visit our facebook page for the most up-to-date activities! http://www.facebook.com/sscparenttot

Adult Social:

Please visit our facebook page for the most up-to-date activities! http://www.facebook.com/sscadultsocial

For more information, please contact the SSC at studentspousesclub@yahoo.com or visit our website at www.usuhs.mil/ssc/

Officers 2010-2011

President

Molly Grasso ususscpresident@gmail.com

Vice President

Sarah Wirthlin vicepresidentssc@gmail.com

Secretary

Shae McTigue studentspousesclub@yahoo.com

Treasurer

Rachel Darling usussctreasurer@gmail.com

Committee Chairs

Adult Social

Membership

Dana Beam ususscmembership@gmail.com

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Publications Editor

Tamara Roadfuss ssc.editor@gmail.com

Sunshine

Jenny Markol sscsunshine@gmail.com

Getting to Know the Area -Local Water Parks

Allentown Fitness & Splash Park

7210 Allentown Road, Fort Washington, MD, (301) 449-5567 Bohrer Park Water Park

510 South Frederick Avenue, Gaithersburg, MD, (301) 258-6445

Glenn Dale Splash Park

11901 Glenn Dale Boulevard, Glenn Dale, MD, (301) 352-8980

Great Waves at Cameron Run

4001 Eisenhower Avenue, Alexandria, VA, (703) 960-0767 Kings Dominion Water Park

16000 Theme Park Way, Doswell, VA, 23047

Lane Manor Splash Park

7601 West Park Drive, Hyattsville, MD, (301) 422-7284

Massanutten Resort Water Park

Rt. 644, Harrisonburg, VA, 800.207.6277

Montgomery Aquatic Center

1201 Jackson Road, Silver Spring, MD, (301) 989-1206

Montgomery County Pools Montgomery County MD

Pirate's Cove Waterpark at Pohick Bay Regional Park 6501 Pohick Bay Drive, Lorton, 703-339-6102

Prince George's County Pools Prince George, MD

Rollingcrest-Chillum Splash Pool

6122 Sargent Road, Chillum, MD, (301) 853-9115

Signal Bay Water Park Manassas, VA

Six Flags America Hurricane Park

13710 Central Avenue, Bowie, MD

South Germantown Splash Playground

18056 Central Park Circle, Boyds

Splash Down Water Park

7500 Ben Lomond Park Drive, Manassas, VA, (703) 361-4451

The Water Mine Family Swimmin' Hole

1400 Lake Fairfax Drive, Reston, VA, (703) 471-5414

Upton Hill Regional Park

6060 Wilson Boulevard, Arlington, VA, 703.534.3437

Volcano Island at Algonkian Regional Park

47701 Fairway Drive, Sterling, VA, (703) 430-7683

Water Country USA

Williamsburg, VA, (800) 772-8886

Waterworks

5301 Dale Boulevard, Dale City, VA, (703) 680-7137

Looking for something to do? LOCAL EVENTS:

May 5 and May 8 -

Maryland Film Festival The Charles Theatre, Baltimore MD http://mdfilmfest.com

April 29 to May 1 and May 6 to 8 -

Day Out with Thomas B&O Railroad Museum

May 21 -

Preakness, 136th Running Pimlico Race Course Hayward and Winner Aves Baltimore, MD http://preakness.com

May 21 & 22 - Wine in the Woods Symphony woods, Columbia MD Wineinthewoods.com

June 9 - Glee Live! In Concert Verizon Center, Washington DC

June 13-19 - U.S Open Congressional Country Club Bethesda, MD www.usopen.com

Amusement Park Opening Days:



Busch Gardens Williamsburg- March 26 Hershey Park- May 6 (Summer Season) Six Flags America- April 16 Six Flags Great Adventure- April 9 Water Country- May 21

Don't forget to check out the MWR for discount tickets!

Meet the New Officers & Chairs



Molly Grasso President

Sarah Wirthlin

Vice President



Hello and welcome! I'm Molly Grasso, and I'm honored to be serving as your President for the 2011-2012 school year. My husband, Ian, is a second year Navy medical student. Prior to starting school at USUHS, he was a Surface Warfare Officer in the Navy, stationed in San Diego, CA and Annapolis, MD. We met in DC in 2007 and got married in 2009. We have two dogs, both rescues – Bailey, a retired racing greyhound, and Cooper, a golden retriever. I work at USUHS in the family medicine department and also have my own event design company. I love to entertain, garden, and cook. As a couple, in our spare time (yes, you can still have spare time with your spouse while he/she is in medical school!) we like to golf, watch movies, and spend time with our friends.

I came into SSC at the beginning of last year and was immediately impressed by the caliber of individuals involved with this club – all smart, dynamic, and talented people. I'm so glad that I became a part of SSC, because I have made some wonderful friends, and have found real enjoyment in being able to both celebrate and commiserate with other medical school spouses as the year went by.

As president, I look forward to stewarding the positive and welcoming culture that exemplifies this club. I'm here to support all of the amazing officers in their varied efforts, and also to be here to support each of our members in whichever way I can. Some of my specific goals include:

- Enriching our members' club experience with meaningful activities and helpful information,
- Increasing the visibility of SSC in the greater National Military Medical Center community through philanthropic endeavor and networking,
- Creating a more diverse member base.

Whether it's about SSC, life in the military, the DC area, USUHS, or life in general... if you have any questions or concerns, you can always contact me. I can be reached by email at ususscpresident@gmail.com, and by phone at 858-336-1815. If I can't answer your questions, I'll find someone who can. Again, welcome, and best of luck to you and your spouse this year!

My name is Sarah Wirthlin and I am the wife of a graduating 4th year (class of 2012) and your new VP!! My husband and I are high school sweethearts - having met during a production of "The Sound of Music" where we were cast as the romantic "Sixteen Going on Seventeen" couple Rolf and Leisl. We have been married for five years and currently live in Kensington, MD with our two children. My passion is the arts, mainly music and dance, having had my hand in a little bit of everything. I have been a musical director for several major productions, choreographer, middle school choir teacher, private voice teacher and also toured with the Broadway cast of "OKLAHOMA". I'm SO excited for this upcoming school year and everything Student Spouse's Club has to offer. I'm especially excited about reintroducing Student Spouse Club Info Sessions for this upcoming year. These info sessions are open to ALL USUHS students and families and are a great way to get some "behind the scenes" information from previous students. In these info sessions, we will cover everything from generic military life to what you and your spouse need to know about your years at USUHS. Again, I'm so excited to be serving you all in Student Spouse's Club and I hope everyone has a great year!!

Grabfeast 2017











Meet the New Officers & Chairs



Rachel Darling

Treasurer

My name is Rachel Darling and I am excited to be your new treasurer for SSC! My husband is a first year Navy prior service student and we live in Rockville with our cat, Taylor. As an MS-1 spouse, I have really enjoyed all of the support and resources that SSC has given me over the past year. Making new friends at a new place isn't always easy, and I am thankful for the activities that the SSC has which allowed me to meet and get to know a great group of people. I hope that as treasurer I can continue to help our club have even more great events this year! I look forward to welcoming the Class of 2015 spouses and significant others into our group and to help them navigate this new lifestyle and make them feel as welcome as I did.



Dana Beam

Membership

Hi everyone! My name is Dana Beam and I'll be the new membership chair for 2011-2012. I'm a stay at home mom to an energetic 20 month old daughter named Bella. My husband is an MSIII in the Air Force and we've been stationed in the DC area for 6 years. I am looking forward to getting to know everyone better this year and especially pumped bout helping all of the new members to feel welcomed to the club. We're well underway with planning for the 2015 first year orientation and welcome (back) BBQ for August and September and I'm excited for those events. If you're interested in helping with those we arelooking for several more volunteers so feel free to email me and we'll get you plugged in ;-)

Meet the New Officers & Chairs



Alex Zack Fundraising

Welcome! My name is Alexandra Zack, the Fundraising Chair for the 2011-2012 school year! My husband Jason ('14) and I call New Orleans home, though we have ties in many parts of the world. After our previous tiny duty station in Ft. Irwin, CA, the busy DC life has been happily welcomed! We enjoy watching and playing sports, traveling, eating and attempting to make great food, and we are always up for trying something new.

As the Fundraising Chair, it is my responsibility to make sure that everyone has a great time at the Holiday Party! Though there hasn't been a second fundraising event for the club in years, I intend to put on a second one in the spring where everyone can get involved and have some fun. This is a work in progress, but I'm so excited to plan both a fantastic Holiday Party and a fun new event for our club!

Can't wait to meet all of you! Alexandra Zack



<u>Tamara Roadfuss</u> Publications Editor / Parent Tot

Hi everyone! My name is Tamara Roadfuss. I am so excited to be the Chair for Parent Tot and to continue my roll as Publications Editor. My Husband and I have been married for five years and we have two wonderful children Ethan (3) and Emily (1). I love to cook, travel, bike ride with our kids and spend time with the family. We are always looking for new adventures!

As the Parent Tot Chair I hope to plan fun events for all ages to enjoy, I hope to plan one event a week and also give lots of suggestions on other things to do with the family and other SSC members. My goal is to have fun and educational activities at low or no cost for everyone. And to create an environment of friendship and support for all members.

I am also excited to continue as the Publications Editor for SSC. My role is to create an informative newsletter and update the website each month for all member. You will see emails through the year requesting volunteers to write articles of any interest for the publication. We welcome all suggestions, Articles and Ideas.



Shea McTigue Secretary

Hey, I'm Shae! I'm originally from Orlando, FL but moved to Tampa to attend The University of South Florida. That is where I met my boyfriend of 4 years now, Britain. After we both graduated last year we headed up here for him to start at USU. While we miss the beach and the warm weather, it has been a lot of fun getting to know the DC area. I'm excited to be serving as the SSC Secretary. I'm looking forward to getting to know the existing members better and introducing new members to all the fun things SSC has to offer! I'll be planning plenty of events for us all to go to and take a break from our busy schedules so be sure to check the SSC calendar!

Meet the New Officers & Chairs



Annalisa Perez Parties

I'm Annalisa Perez; my husband Will and I have been married for 5 year and on April 13th, 2011 our life was changed with the birth of our son William Perez IV. I am from San Diego, CA I have an Associates degree in Education and a Bachelors degree in Human Biology from UCSD. Throughout my college career I continued to follow one of my true passions, which is dance. I always loved the backstage aspect of dance production such as the makeup artistry and costume design. After college I worked as a makeup artist with local theater arts program and at Sephora also a consultant with Clinique. Now I'm happy to dedicate much of my time taking care of my new son.



Jenny Markol

Sunshine

Hello! I'm Jenny, the new Sunshine committee chair! My fiance, Matt, is a second (soon to be third) year Navy student. I live in Rockville and work full time at USUHS in the Family Medicine office. Recently, my free time has been consumed with planning my upcoming June wedding and subsequent honeymoon in Hawaii! I'm pretty excited about it. I also really enjoy cooking and bargain hunting. I am really looking forward to giving back to our USU community in the upcoming year!

Spring Party Photos















From the SSC Kitchen!

Smoky Chipotle Hummus

From: Allrecpies.com

Ingredients

2 (15.5 ounce) cans garbanzo beans, drained 1/2 cup water 1/4 cup tahini (sesame-seed

paste) 1/4 cup fresh lemon juice

2 tablespoons olive oil

1 canned chipotle pepper in adobo sauce

2 cloves garlic

1 1/2 teaspoons cumin

1 (7 ounce) jar roasted red bell peppers, drained

6 oil-packed sun-dried tomatoes, drained

1/2 cup chopped cilantro

1/2 teaspoon salt

ground black pepper to taste

Directions:

Place the garbanzo beans, water, tahini, lemon juice, olive oil, chipotle pepper, garlic, and cumin in the bowl of a food processor; blend until smooth. Add the red peppers, sun-dried tomatoes, cilantro, salt, and pepper. Pulse the mixture until the ingredients are coarsely chopped into the hummus base. Transfer to a serving bowl, cover, and chill until ready to serve.

Greek Salad

From: Allrecipies.com

Ingredients

2 pounds salmon fillets 1/2 cup vegetable oil

1/2 cup lemon juice

4 green onions, thinly sliced

3 tablespoons minced fresh parsley

1 1/2 teaspoons minced fresh rosemary

1/2 teaspoon salt

1/8 teaspoon pepper

Directions:

Place salmon in shallow dish. Combine remaining ingredients and mix well. Set aside 1/4 cup for basting; pour the rest over the salmon. Cover and refrigerate for 30 minutes. Drain, discarding marinade. Grill salmon over medium coals, skin side down, for 15-20 minutes or until fish flakes easily with a fork. Baste occasionally with reserved marinade.

Summer Brew From: Allrecpies.com

Ingredients

- 1 (12 fluid ounce) can frozen limeade concentrate, thawed
- 3 (12 fluid ounce) bottles Mexican beer (such as Corona®) 1/2 cup vodka (optional)
- 6 lime wedges, for garnish

Directions:

Combine the limeade, beer, and vodka in a pitcher; gently stir. Serve over ice and garnish with lime wedges.

Summer Corn Dip From: Allrecpies.com

1 (15.25 ounce) can whole kernel corn, drained

1 red onion, minced

1 small roma (plum) tomato, seeded and chopped

1 small cucumber, chopped

1/2 cup fresh mint leaves, chopped

1/2 cup fresh basil leaves, chopped

2 Thai chile peppers, seeded and chopped

1 tablespoon lime juice

1/4 cup mayonnaise

Directions:

Stir the corn, onion, tomato, cucumber, mint, basil, Thai chile peppers, lime juice, and mayonnaise together in a bowl. Refrigerate overnight or 8 hours before serving.

SSC Crabfeast - 2011

By: Molly Grasso

If you're new to Maryland, like many in SSC are, then you may not have had the chance to enjoy Maryland Blue Crabs yet. A group of newbies were made official Marylanders on April 17th, as they attended their first Crab Feast, hosted by the Adult Social Committee. Crab Feasts are a common occurrence in the Mid-Atlantic during the spring & summer months, and are a fantastic way to spend a warm evening.

The menu included piles of steamed blue crabs, potato salad, coleslaw, and more! The group had a blast cracking crabs, and even though it's a lot of work to get to the good stuff, it was well worth it! Kids in attendance had fun playing with the dogs and running around the yard, and even the non fish-eaters were satisfied with burgers and hotdogs on the grill.

Chocolate dipped strawberries, apple cake, and s'mores were enjoyed around the camp fire, and it's safe to say that no one left hungry. it was great to see some SSC first timers come out, and a huge thank you to everyone who contributed to the evening.





New Arrivals



William Perez IV was born Wednesday April 13th. Parents: Will and Anaalisa Perez

Joshua James Wirthlin was born Friday, April 22nd. Parents: James and Sarah Wirthlin

Amelia Rose Salgado was born Saturday April 30th. Parents: Courtney and Gordon Salgado

The SSC Scoop

From: http://crafts.kaboose.com

SSC Kids Zone - Summer Activity

Homemade Ice Cream in a Bag

Materials:

- 1 tablespoon sugar
- 1/2 cup milk or half & half
- 1/4 teaspoon vanilla
- 6 tablespoons rock salt
- 1 pint-size plastic food storage bag (e.g., Ziploc)
- 1 gallon-size plastic food storage bag
- Ice cubes

How to make it:

- Fill the large bag half full of ice, and add the rock salt. Seal the bag.
- 2. Put milk, vanilla, and sugar into the small bag, and seal it.
- 3. Place the small bag inside the large one, and seal it again
- 4. Shake until the mixture is ice cream, which takes about 5 minutes.

Wipe off the top of the small bag, then open it carefully. Enjoy!

Tips:

A 1/2 cup milk will make about 1 scoop of ice cream, so double the recipe if you want more. But don't increase the proportions more that that -- a large amount might be too big for kids to pick-up because the ice itself is heavy.



Tin Can Herb Pot

Materials:

- Empty aluminum can
- Screwdriver and hammer
- Liquid gesso (recommended: Liquitex Basics Gesso)
- Acrylic craft paints in colors of your choice
- Acrylic sealer spray, matte finish
- Craft stick
- Thin cardboard
- Pinking shears
- Black permanent marker
- 5-10 small rocks, stones or pebbles
- 1.5 cups potting soil
- 4-inch potted herb plant
- White craft glue
- Water

Flower stickers (optional) How to Make:

- 1. Completely wash and dry aluminum can. If necessary, sand off any rough edges from opening of can.
- Turn can upside down. Parent should use screwdriver or other pointed object to poke holes in the bottom of the can. Use a hammer to tap the end of the screwdriver to
- Paint outside of can with one coat of gesso. Let dry completely.

- 4. Paint can in the desired color, repeat coats if needed.
- 5. Decorate however you like. Use a thin paint brush for long lines, dip the end of the paint brush into paint for polka dots.
- 6. Decorate with stickers if desired.
- 7. In a well-ventilated area, spray the outside of the completed can with acrylic sealer spray. Let dry.
- 8. Place enough rocks or pebbles in the bottom of the can to form a single layer.
- 9. Add enough potting soil to fill the can two-thirds full.
- 10. Remove potted herb from its container and transplant into the can.
- 11. Fill edges with remaining potting soil, gently pat down so that plant is firmly in the can but not compacted so much that it's too tight.
- 12. Place can on a plate (to catch any water drainage) and add some water to the newly planted herbs.
- 13. Paint craft stick whatever color you like. Allow to dry.
- 14. Cut a piece of thin cardboard into a small rectangle (about 1.5 x 3 inches) using pinking shears.
- 15. Paint both side of the cardboard with gesso, let dry.
- 16. Glue the rectangle to the top of the craft stick.
- 17. Use a black permanent marker to write the herb name onto the rectangle.
- 18. Insert your plant marker into the soil, being careful not to crush any roots along the way.

Place your new garden in a sunny window and remember to water them!because the ice itself is heavy.



Parent Tot Spring Fling 2011

By: Tamara Roadfuss

On April 25th 2011 the Parent Tot Group ended the school year with a fun and festive fiesta. From an array of fresh salsa, fruit and fruit water made by Daniela Babakhani. All the children and parents enjoyed the refreshing snack.

With the sun shining and warm weather all the children enjoyed running around and playing on the nearby playground. One highlight of the day was the Piñata, filled full of candy. All the children took their best swing at it and fill their bags full of yummy treats when they all fell out. We also had a few fun outdoor games and bubbles for all the children to enjoy and take home.

Thank you to Daniela for all her hard work through out the year planning the Parent Tot activities. And especially for planning this wonderful event.



SSC WEBSITE

www.usuhs.mil/ssc/

SSC EMAIL

studentspousesclub@yahoo.com

MISSION

The Student Spouses Club (SSC) is an organization for the spouses and significant others of any active duty officer students at the Uniformed Services University of the Health Sciences. The goal of the SSC is to provide support, friendship, and community for student families through a variety of social and service activities throughout the year.

The SSC is a private, non-profit organization.

Uniformed Services University

Student Spouses Club

Student Spouses Club Membership Application

Welcome! Thank you for your interest in joining the Student Spouses Club. We provide an opportunity to meet new friends, develop or maintain useful skills and enjoy a variety of functions throughout the year. Please fill out the form below and turn it in along with your annual dues check of \$30 (made payable to Student Spouses Club) so that we can process your application without delay. A member of the SSC will be contacting you shortly to formally welcome you. We look forward to meeting you!

Last Name dress	First Name	Home Phone	Email A	Ad-
Street Address Code		City	ST	Zip
Student's Full N	am e S	ervice Branch Year of Gr	ad. Your	DOB
Children's Name	es & Ages			
Committees you circle)	would like to h	nave contact you with more information	mation (pleas	e
SSC Use Only Date Received _		Check number		